

Obesity

Among Oklahoma Public High School Students

What is the problem?

The 2019 Oklahoma Youth Risk Behavior Survey (YRBS) indicates that among public high school students:

Obesity

- 18% were obese¹
- 18% were overweight²

Unhealthy Dietary Behaviors

- 18% did not eat fruit during the 7 days before the survey
- 8% did not eat vegetables during the 7 days before the survey³
- 22% drank a can, bottle, or glass of soda or pop one or more times per day during the 7 days before the survey⁴

Physical Inactivity

- 15% did not participate in at least 60 minutes of physical activity on any day⁵
- 65% did not attend physical education (PE) classes in an average week when they were in school
- 22% watched television 3 or more hours per day on an average school day
- 48% played video or computer games or used a computer 3 or more hours per day on an average school day⁶

What are schools in Oklahoma doing about it?

The 2018 Oklahoma School Health Profiles indicates that among schools with grades six or higher:

School Environment

- 59% of schools had physical activity breaks in classrooms (not including physical education classes)
- 51% offered opportunities for students to participate in sports programs or physical activity clubs
- 73% had physical education teachers or specialists that received professional development on physical education or physical activity during the past year
- 39% served locally grown foods in the cafeteria or classrooms
- 68% placed fruits and vegetables near the cafeteria cashier where they are easy to access
- 74% offered a self-serve salad bar to students
- 56% collected suggestions from students, families, and school staff on nutritious food preferences and strategies to promote healthy eating
- 14% priced nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages

1. Students who were \geq 95th percentile for body mass index, based on sex and age-specific reference data from the 2000 CDC growth charts.
2. Students who were \geq 85th percentile but $<$ 95th percentile for body mass index, based on sex and age-specific reference data from the 2000 CDC growth charts.
3. Green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables.
4. Not including diet soda or diet pop.
5. Doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time.

For more information about the YRBS please visit URL: <http://yrbs.health.ok.gov>. For more information about the School Health Profiles visit URL: <https://www.okintheknow.org/new-2018-school-health-profiles/>

